

If I Do (如果可以) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Esmeralda van de Pol (NL) - 2010年08月
音樂: Could Be You (feat. Dennis Taylor) - Beverlei Brown



前奏 : Intro: 48 counts 48拍後起跳

第一段 Side, Rock-Recover, Side, Coaster Step, Hold & Walk Fwd x2 右, 後下沉 回復 左, 海岸步, 候 併 走 走

- 1 Step right to the right side 右足右踏
- 2&3 Left Cross rock behind R, Recover on R, Step Left to the Left Side 左足於右足後交叉下沉, 右足回復, 左足左踏
- 4&5 Step R Back, Close Left next to Right, Step R fwd
右足後踏, 左足併踏, 右足前踏
- 6& Hold, Step Left next to Right 候, 左足併踏
- 7-8 Step fwd on Right, Step fwd on Left 右足前踏, 左足前踏

第二段 Jazz Box Cross ¼ Turn R, Hold, & Cross, Side step with Hip Sways R + L. 右1/4爵士方塊帶交叉, 候 併 交叉, 右擺臀, 左擺臀

- 1-2 Cross Right over Left, ¼ 右足於左足前交叉踏, 右轉90度左足後踏
- 3-4 Step Right to the Right side, Cross Left over Right
右足右踏, 左足於右足前交叉踏
- 5&6 Hold, Close Right next to Left, Cross Left over Right
候, 右足併踏, 左足於右足前交叉踏
- 7-8 Step Right to the Right Setp Left to the Left
右足右踏右擺臀, 左足左踏左擺臀

第三段 Walk Fwd x2, Sailor ¼ Turn R, Cross, Side, Sailor ¼ Turn L 走 走, 右1/4轉水手, 交叉 右, 左1/4轉水手

- 1-2 Step Right Fwd, Step Left Fwd 右足前踏, 左足前踏
- 3&4 Cross Right behind Left with
右足於左足後交叉踏, 右轉90度左足踏, 右足踏
- 5-6 Cross Left over Right, Step Right to the Right
左足於右足前交叉踏, 右足右踏
- 7&8 Cross Left behind Right with
左足於右足後交叉踏, 左轉90度右足踏, 左足踏

第四段 Step Fwd, Anchor Step, Step Back, Coaster Step, Step Fwd, ¾ Turn L 踏, 原地三步, 後, 海岸步, 踏 3/4

- 1-2 Step Right Fwd, Cross Left behind Right
右足前踏, 左足於右足後交叉踏
- &3 Rock fwd on Right, Recover on L with small step back
右足前下沉, 左足回復
- 4 Step Back on right 右足後踏
- 5&6 Step back on Left, Close right next to left, Step Left Fwd
左足後踏, 右足併踏, 左足前踏
- 7-8 Step Right Fwd, Make ¾ 右足前踏, 左軸轉270度

